Directions for use

1. Shake down the applicator
2. Twist off the top
3. The applicator can be inserted from three different positions, according to personal ease and preference:
   - How to insert the applicator when sitting
   - How to insert the applicator when standing
   - How to insert the applicator when lying
4. When inserted, squeeze the end of the applicator several times to release product high into the vagina
5. When emptied, squeeze the end of the applicator to withdraw it safely
6. Please dispose of the applicator tube and top by recycling